Costa Vicenina

Let's Go!!!







Costa Vicentina

Lés a Lés

The idea is to make a trekking trip around 6 days (7 nights) in South West Coastal Portugal.

The route is yet to be decided. We count with 3 persons to do this trip.
Some things to take into consideration are:

- Where are we going to sleep?
- What are we going to eat?
- Which locations are recommended to visit?
- What's the weather going to be like?
- Which route are we going to take? (set checkpoints)

Basic Equipment for Hiking

- Sturdy, comfortable and waterproof hiking boots or approach shoes
- Layered, moisture wicking clothing
- Hiking socks
- Rucksack (with rain cover)
- Protection against sun, rain and wind (hat, sunscreen, water- and windproof jacket and suitable legwear)
- Sunglasses
- Hiking poles
- Ample supply of drinking water and snacks
- First aid kit
- Blister kit
- Bivy / survival bag
- Survival blanket
- Headlamp
- Pocket knife
- Whistle
- Cell phone
- Cash
- Navigation equipment / map and compass
- Emergency contact details
- ID

Routes

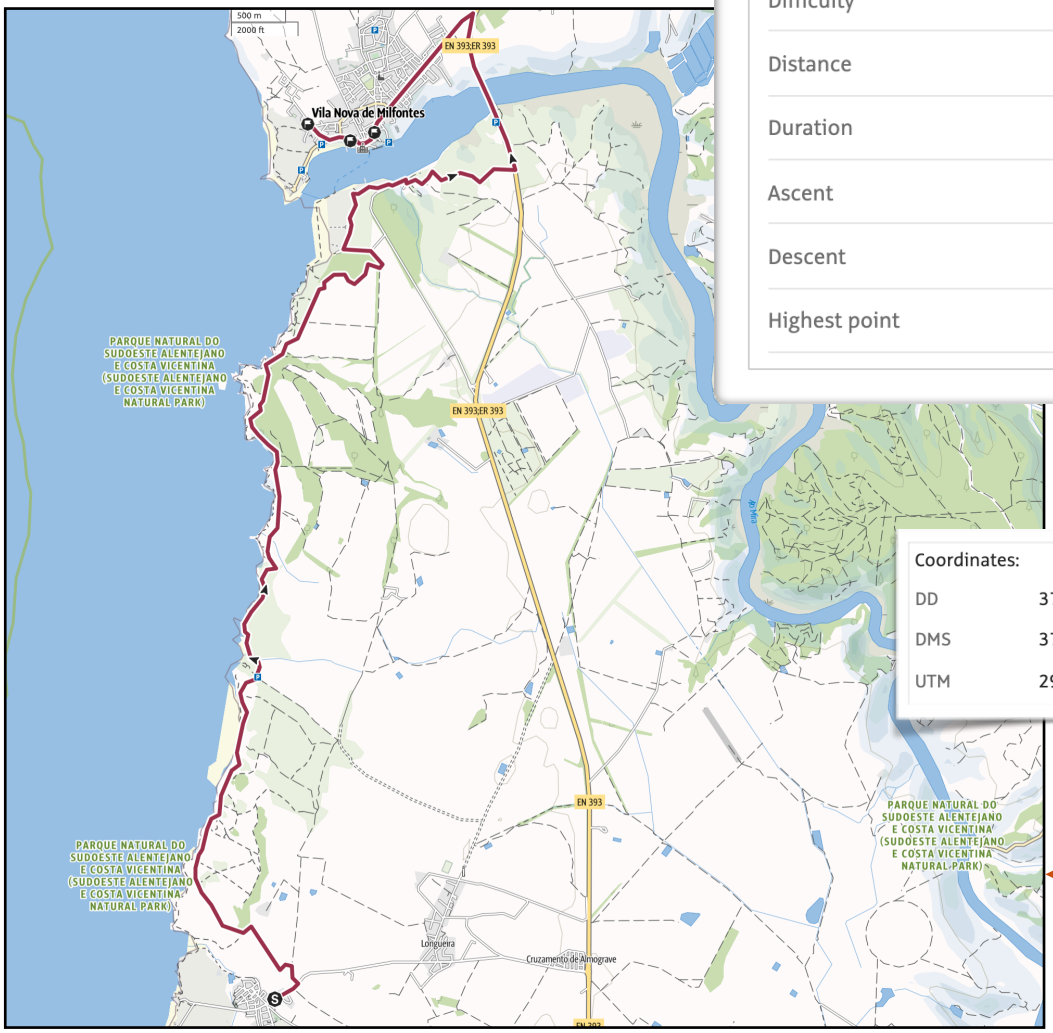
Each Route Displays the general information, the route map and the final destination coordinates.

- Route1
- Route 2
- Route 3
- Route 4
- Route 5
- Route 6
- Route 7
- Route 8

Stay on the trail
Keep noise to a minimum
Do not remove any rocks or crystals
Do not pick mushrooms
Do not litter
Do not feed wild animals
Camping is only permitted in official campsites
Do not light any fires
Do not pick flowers
Do not disturb animals or damage vegetation

Route 1

Trilho dos Pescadores 11: Vila Nova de Milfontes - Almograve



Difficulty	moderate
Distance	15.2 km
Duration	3:57 h
Ascent	122 m
Descent	131 m
Highest point	44 m

Coordinates:

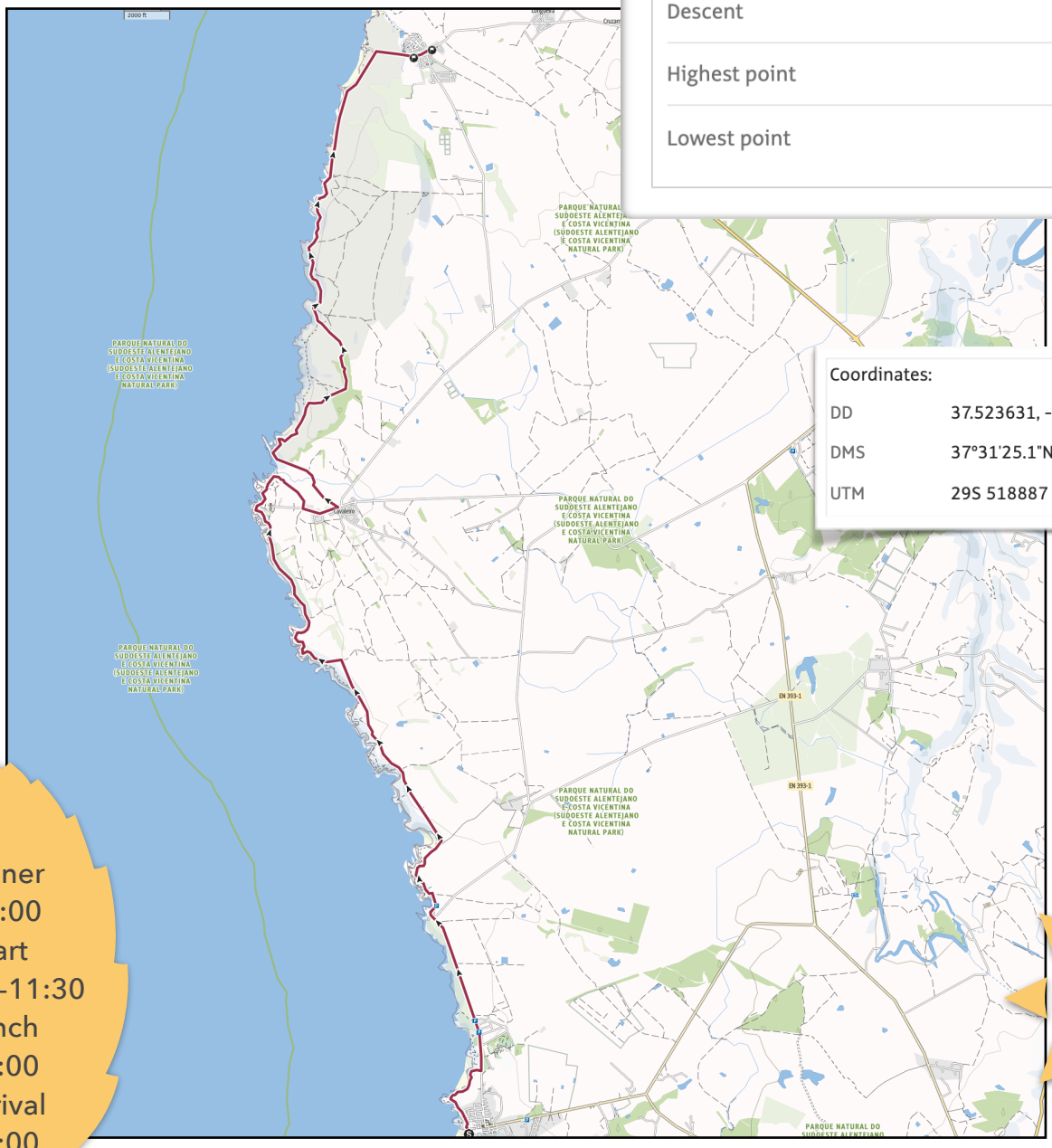
DD	37.653293, -8.791892
DMS	37°39'11.9"N 8°47'30.8"W
UTM	29S 518357 4167368

NA

Route 2

Trilho dos Pescadores 10: Almograve - Zambujeira

Difficulty	moderate
Distance	20.8 km
Duration	5:38 h
Ascent	153 m
Descent	150 m
Highest point	80 m
Lowest point	9 m



Coordinates:

DD	37.523631, -8.786248
DMS	37°31'25.1"N 8°47'10.5"W
UTM	29S 518887 4152984

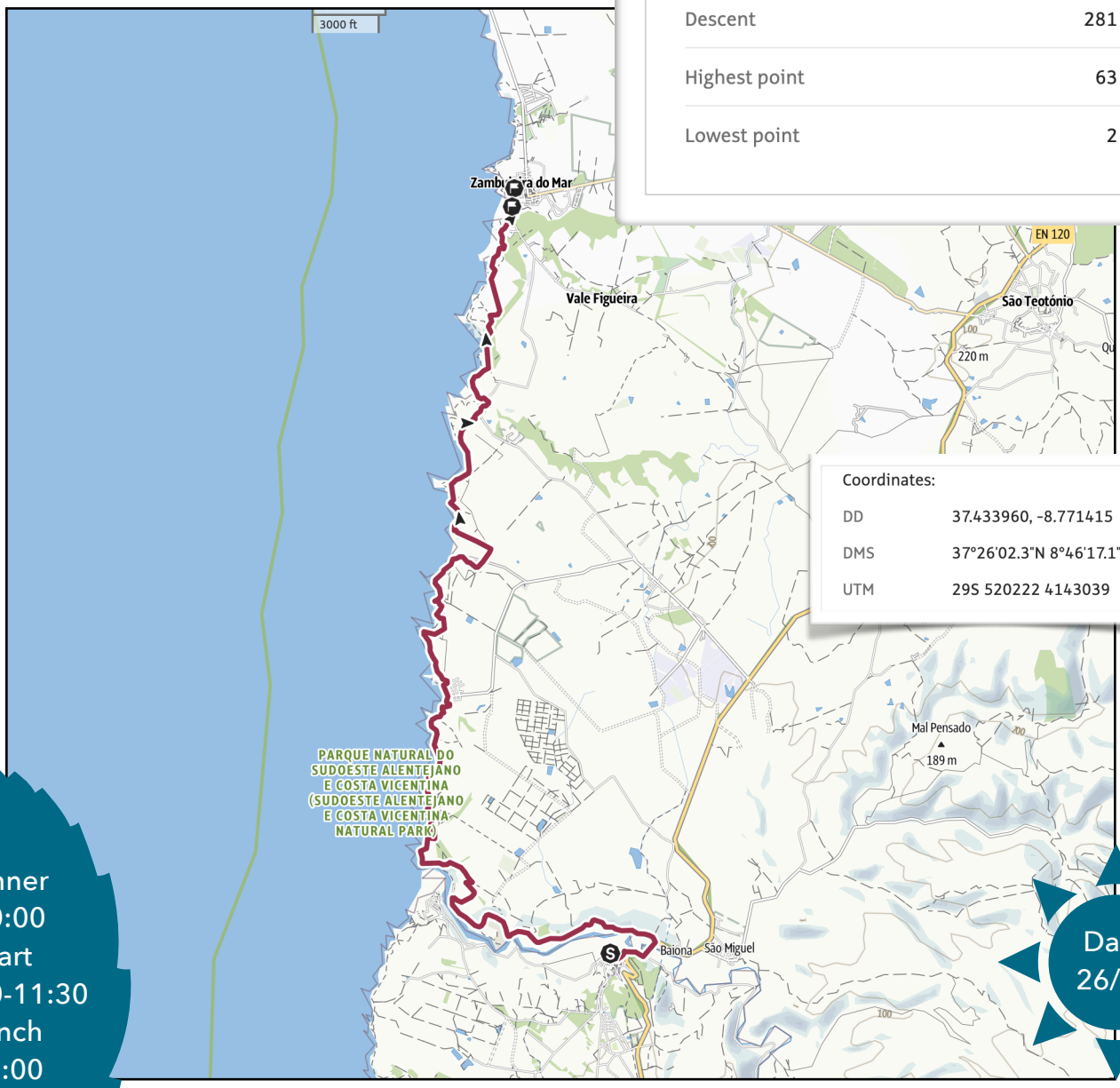
Dinner
10:00
Start
11:00-11:30
Lunch
13:00
Arrival
16:00

Day1
25/02

Route 3

Trilho dos Pescadores 09: Zambujeira - Odeceixe

Difficulty	moderate
Distance	18.2 km
Duration	5:20 h
Ascent	313 m
Descent	281 m
Highest point	63 m
Lowest point	2 m



Coordinates:

DD	37.433960, -8.771415
DMS	37°26'02.3"N 8°46'17.1"W
UTM	29S 520222 4143039

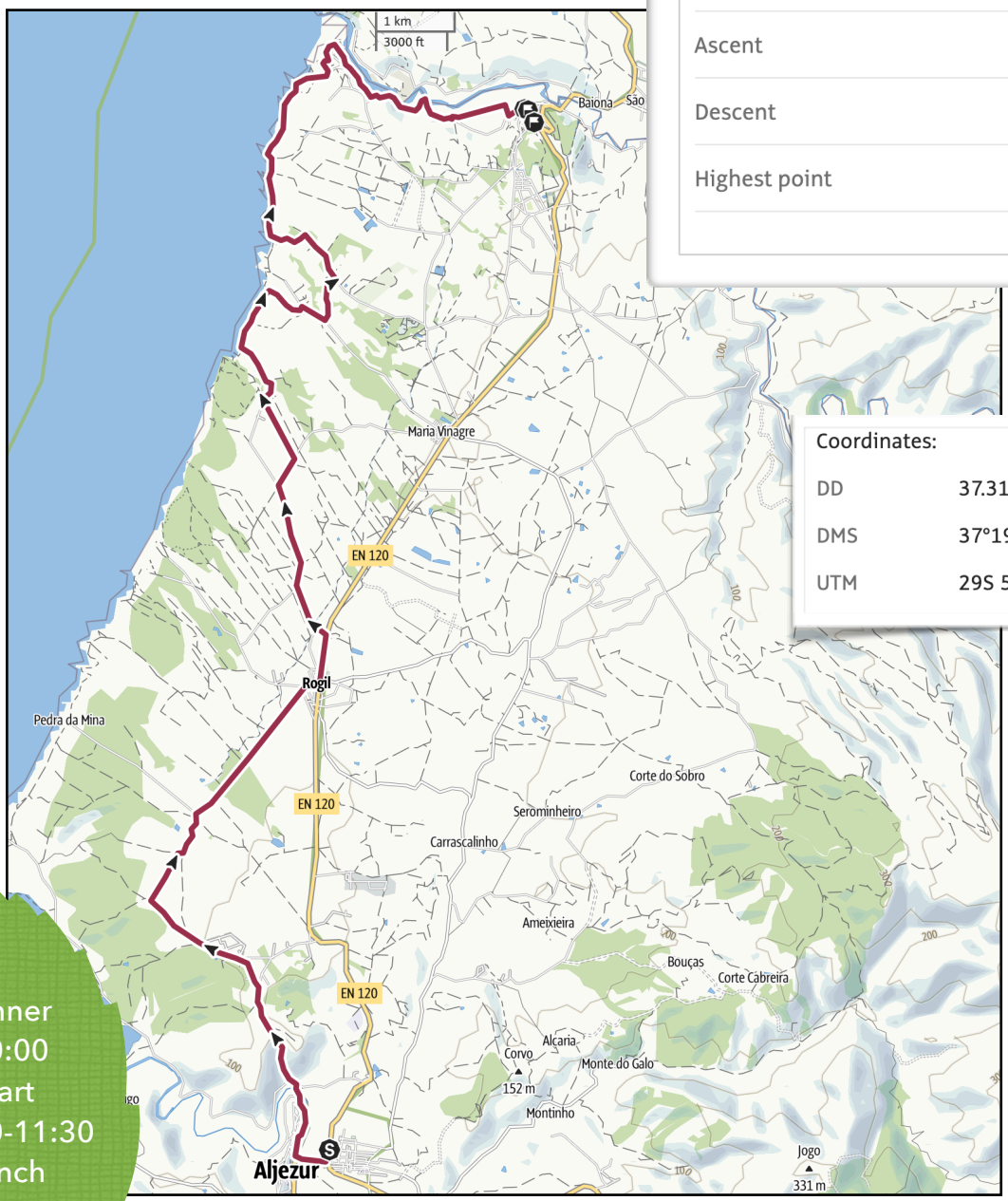
Dinner
10:00
Start
11:00-11:30
Lunch
13:00
Arrival
16:00

Day2
26/02

Route 4

Trilho dos Pescadores 08: Odeceixe - Aljezur

Difficulty	moderate
Distance	22.7 km
Duration	5:57 h
Ascent	189 m
Descent	187 m
Highest point	112 m



Coordinates:

DD	37.317855, -8.798754
DMS	37°19'04.3"N 8°47'55.5"W
UTM	29S 517831 4130153

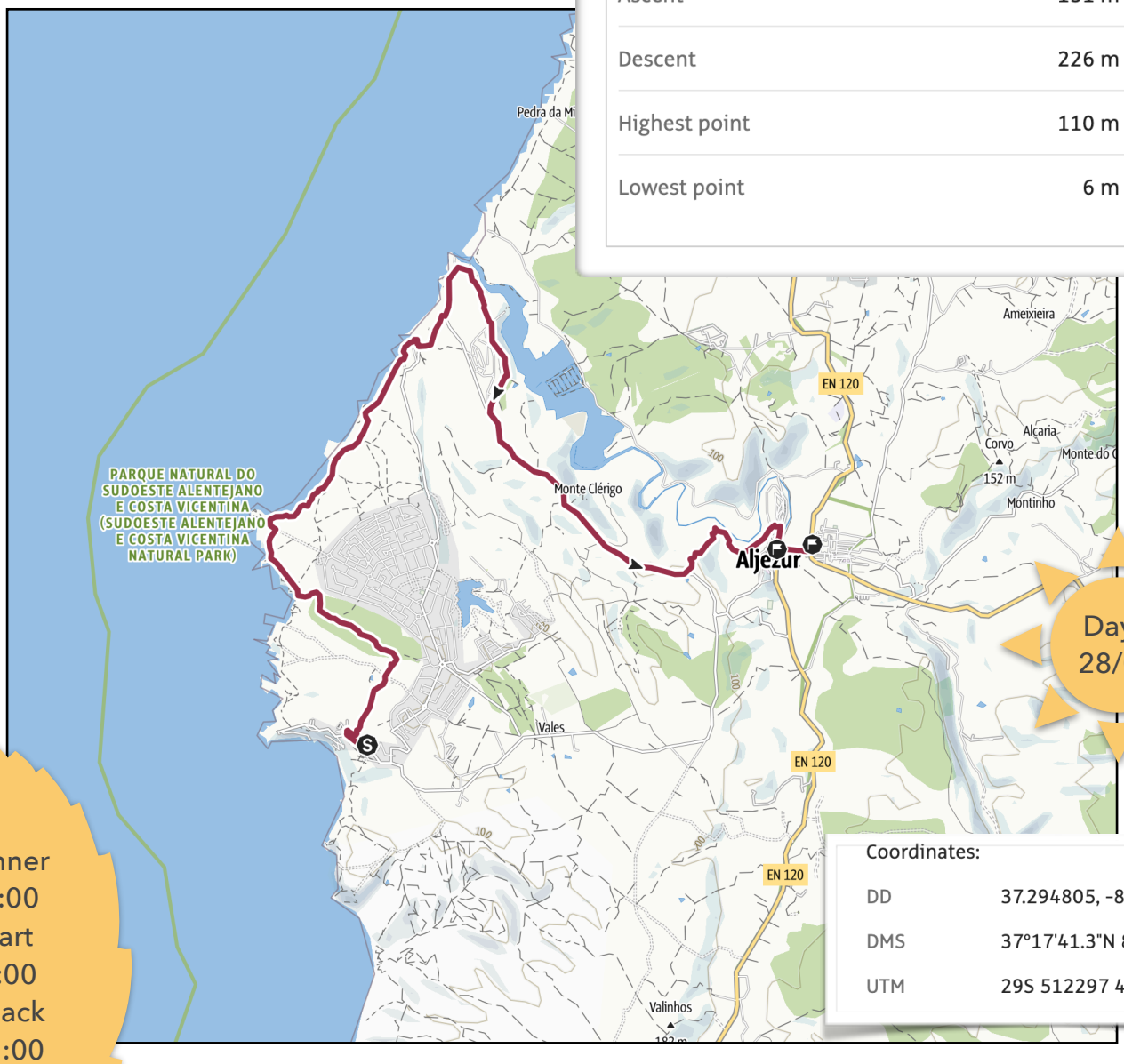
Dinner
10:00
Start
11:00-11:30
Lunch
13:00
Arrival
17:00

Day3
27/02

Route 5

Trilho dos Pescadores 07: Aljezur - Arrifana

Difficulty	moderate
Distance	17.3 km
Duration	4:40 h
Ascent	151 m
Descent	226 m
Highest point	110 m
Lowest point	6 m



Day4
28/02

Coordinates:

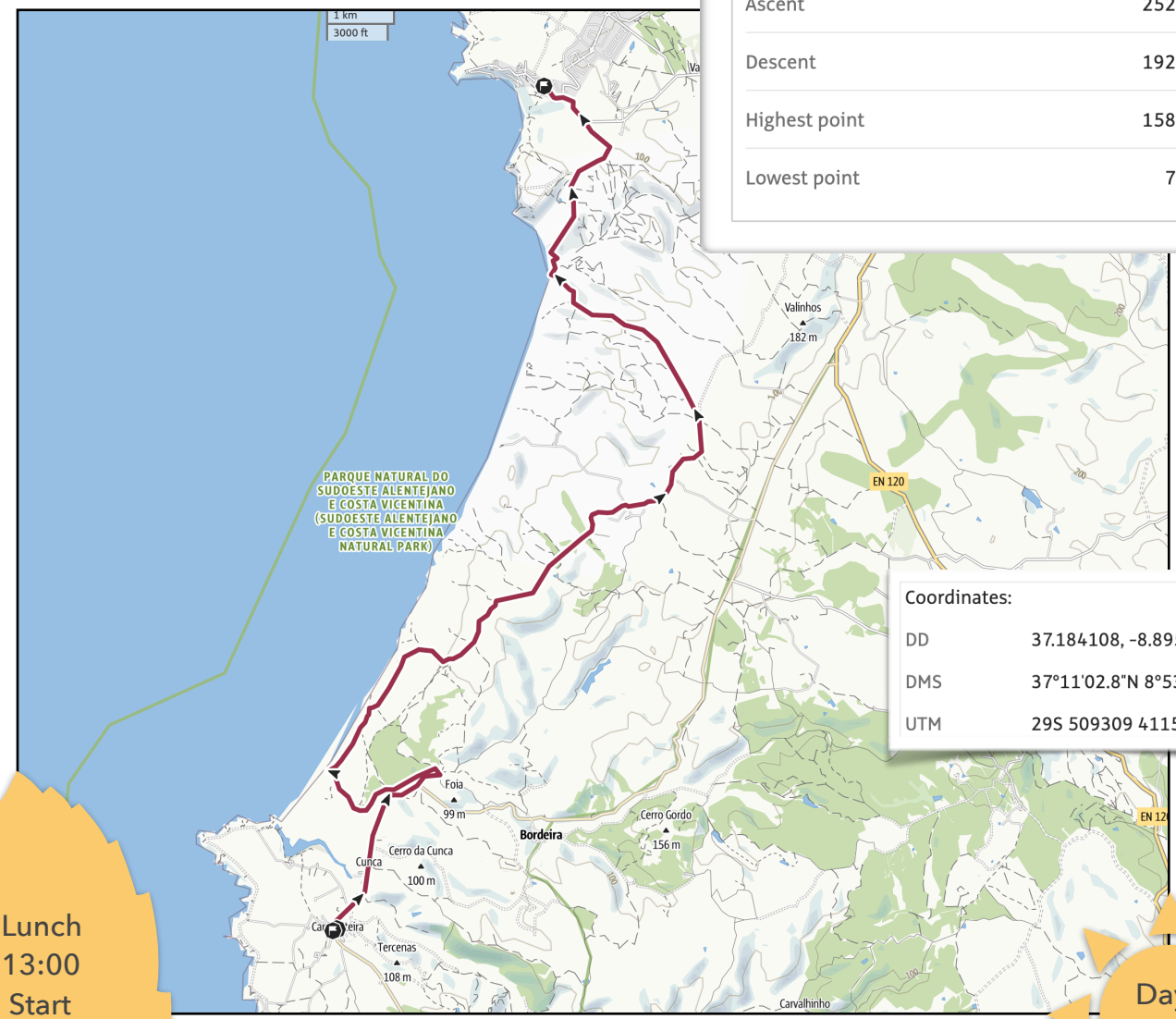
DD	37.294805, -8.861247
DMS	37°17'41.3"N 8°51'40.5"W
UTM	29S 512297 4127585

Dinner
8:00
Start
9:00
Snack
11:00
Arrival
13:00

Route 6

Trilho dos Pescadores 06: Arrifana - Carrapateira

Difficulty	moderate
Distance	20.9 km
Duration	5:25 h
Ascent	252 m
Descent	192 m
Highest point	158 m
Lowest point	7 m



Coordinates:

DD	37.184108, -8.895114
DMS	37°11'02.8"N 8°53'42.4"W
UTM	29S 509309 4115301

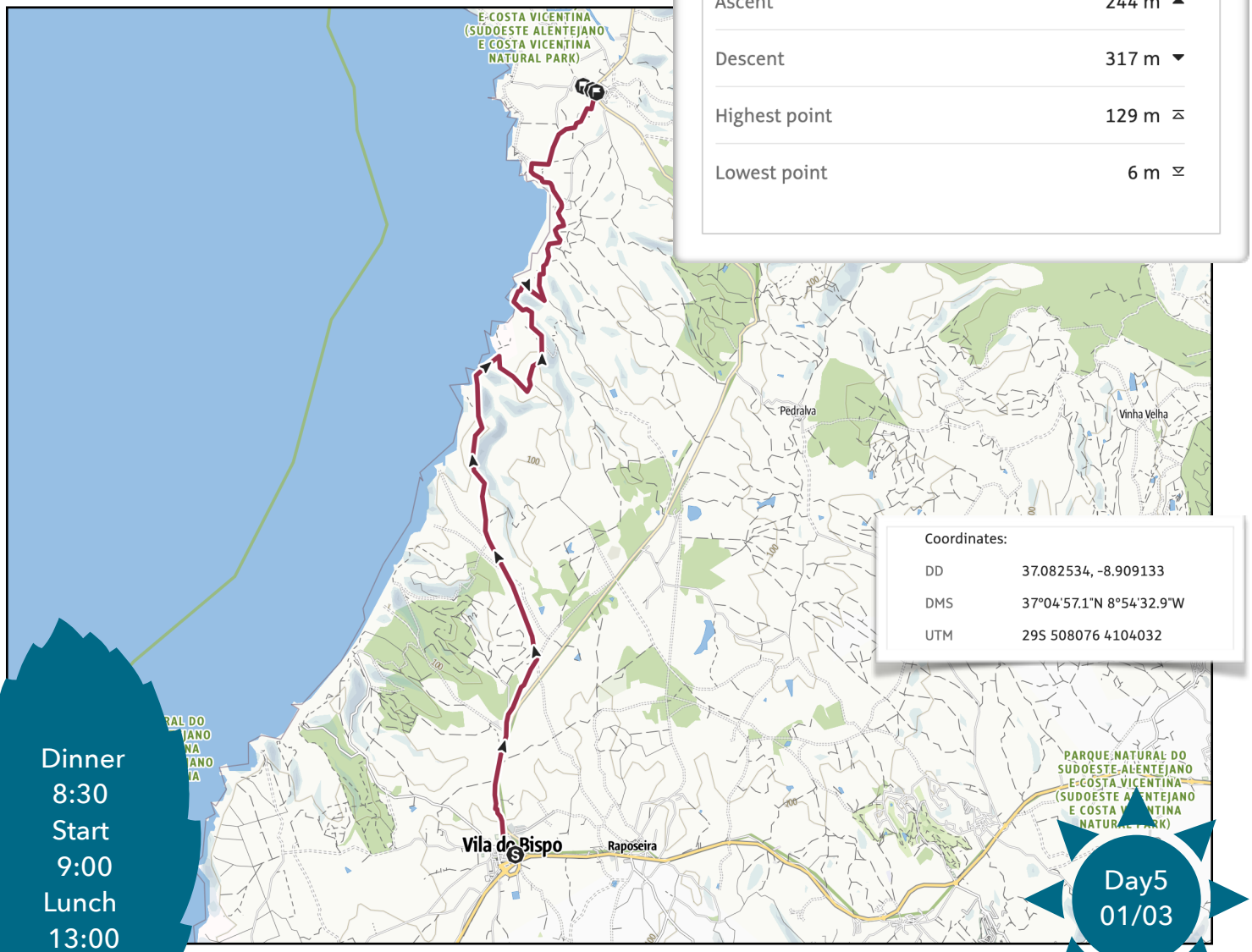
Lunch
13:00
Start
13:30
Arrival
19:30

Day4
28/02

Route 7

Trilho dos Pescadores 05: Carrapateira - Bispo

Difficulty	moderate
Distance	15.8 km
Duration	4:17 h
Ascent	244 m
Descent	317 m
Highest point	129 m
Lowest point	6 m



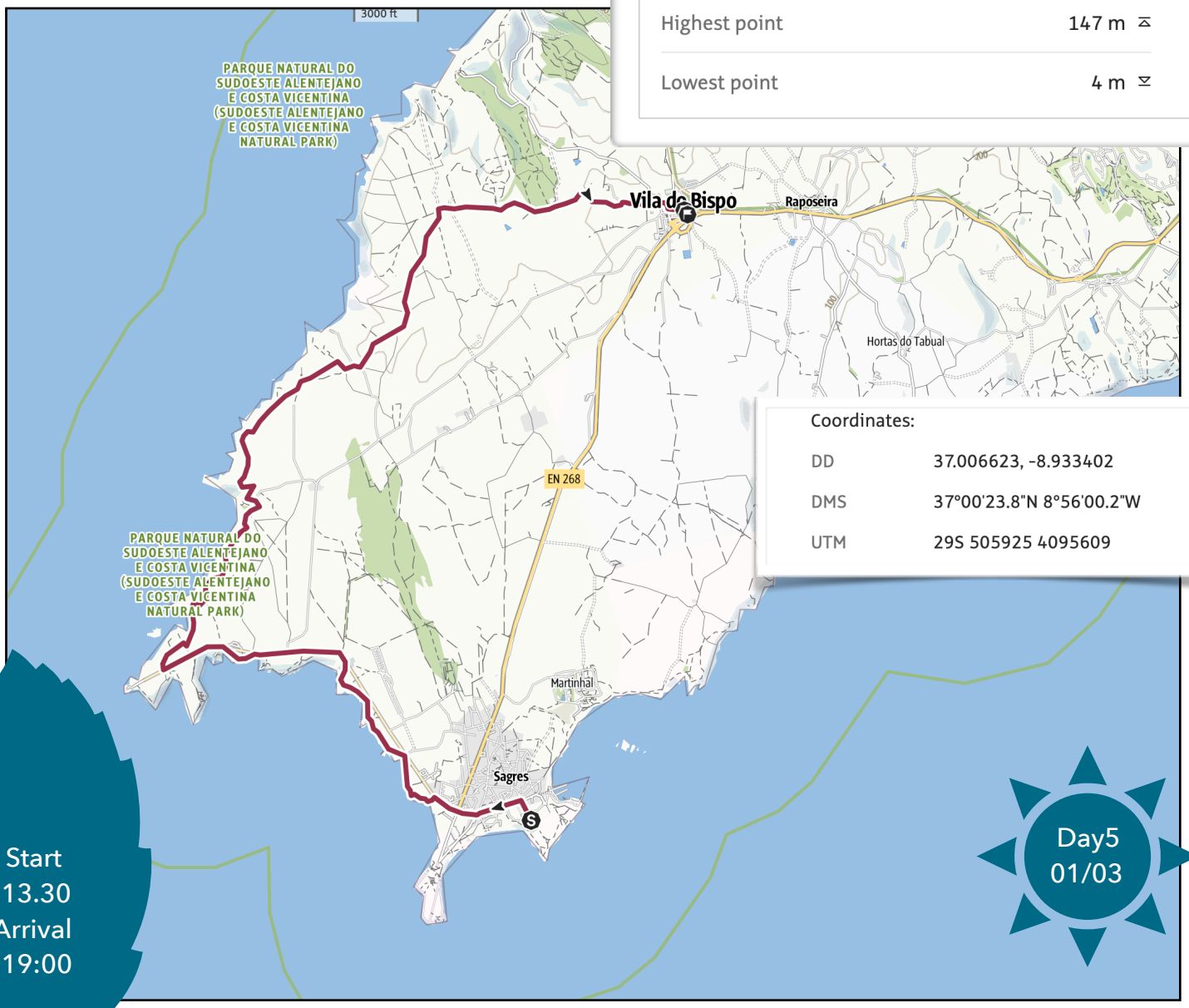
Dinner
8:30
Start
9:00
Lunch
13:00

Day5
01/03

Route 8

Trilho dos Pescadores 04: Bispo - Sagres

Difficulty	moderate
Distance	20 km
Duration	5:08 h
Ascent	158 m
Descent	105 m
Highest point	147 m
Lowest point	4 m



Coordinates:

DD	37.006623, -8.933402
DMS	37°00'23.8"N 8°56'00.2"W
UTM	29S 505925 4095609

Start
13.30
Arrival
19:00

Day5
01/03

Food Ideas

(In principle before starting every day hike we will grab something in town to eat in the way, for example a sandwich or maybe a bifana, maybe even a pastel de nata LOL also a juice something to give us enough energy)

Bread

Peanut Butter

Snacks (Overall)

Pro-Bars (protein bars)

Bag of Trail Mix (Nuts, Caju etc)

Peperoni Packs

Lentils

Rice

Chocolate

Milk powder

Chia

Sugar

Prepare Oatmeal beforehand

Plastic Cup For Mixing (ofc with a lid)

Dried Food (Mango Banana Potato etc)

Cookies

Camping Sites

Our budget per day I would think it's going to be like €30-50 (3 people)

Zambujeira:

- Camping Villa Park Zambujeira (€4.95 / each tent)
- Hakuna Matata Hostel €57 (€19 / each)

Odeceixe:

- Parque De Campismo São Miguel (€9.5 / each)

Aljezur:

- Camping Serrão (€5 / each + €4 / tent)

Arrifana:

- HI Arrifana Destination Hostel €54 (€18 / each)

Carrapateira:

- Carrapateira Lodge €52 (€17.3 / each)

Bispo:

- Casa Mestre €47 (€19 / each)

Sagres:

- Parque de Campismo Orbitur Sagres (€3.90 / each)

Others / Gear

Strapping Tape

~~**Knives**~~

~~**First Aid Kit**~~ **(André)**

~~**Camping Stove (Gas + Stove)**~~ **(Gonçalo)**

~~**Lighters**~~